

2021 Suicide in Wyoming

In 2019, there were

170

deaths by suicide in Wyoming.

On average someone in Wyoming dies by suicide every

60 hours

In 2015, the average cost per suicide in Wyoming was

\$1,329,553.00

Method

75% of Wyoming suicides involve a firearm. Men are most likely to use firearms, while women are most likely to die by hanging.

Warning Signs

Anyone can identify someone at risk of suicide. Listening attentively and asking the right questions may save someone's life.

Precipitating factors are often stressful events that can trigger a suicide crisis in a vulnerable person.

Examples include:

- End of a relationship or marriage
- Death of a loved one
- Serious loss: e.g. employment, safe and stable housing
- Serious financial problems
- Loss of custody of children
- Recent diagnosis of a serious medical condition
- Feeling like a burden to society

If you or someone you know is at imminent risk of harming yourself or someone else, call 911.

Otherwise, Wyoming residents needing support should call 1-800-273-TALK (8255) or text "WYO" to 741-741 for the Crisis Text Line.

Prevention Efforts

The Wyoming Injury and Violence Prevention Program leads collaborative efforts on suicide prevention throughout the state with training and providing technical assistance to local communities.

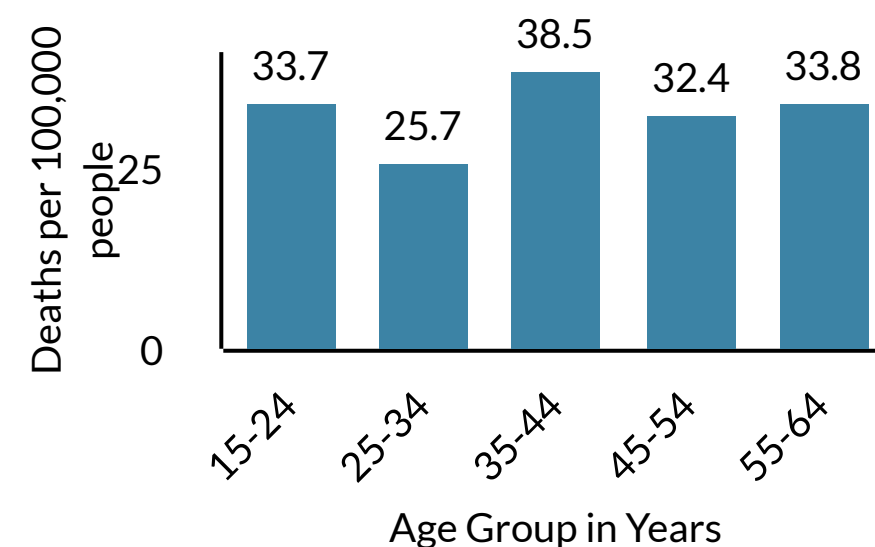
Contact cathy.buschmeier@wyo.gov for more information.

Effectively preventing suicide can be done by:

- Reducing easy access to lethal means
- Awareness of warning signs and resources
- Improving local resources
- Targeting middle-aged men and older adults as their rates are climbing

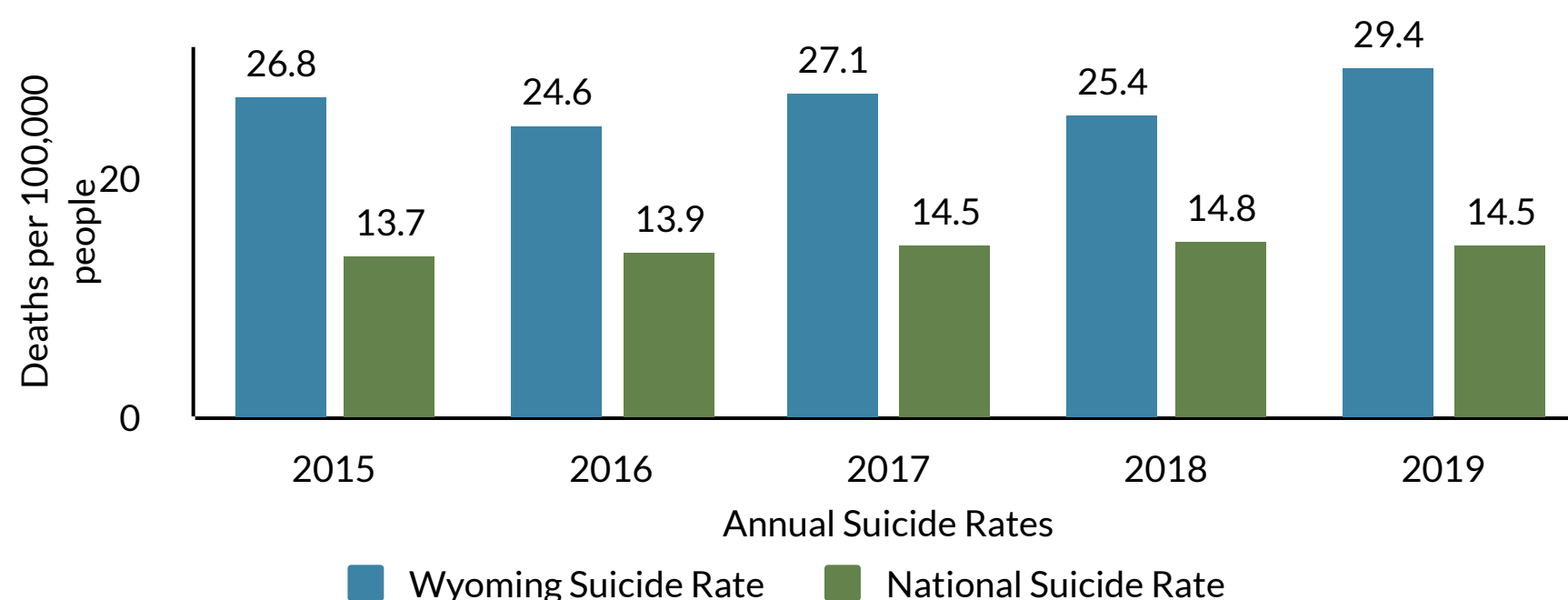
Age

In Wyoming, middle-aged men and older adults die more often by suicide than their counterparts.



How Does Wyoming Compare?

With a suicide rate of 29.4 per 100,000 people in 2019, Wyoming ranks 1st in the United States for suicide deaths and double the national average of 14.5 deaths per 100,000. Suicide is the 7th leading cause of death in Wyoming; however, it is the 2nd leading cause of death for ages 10-44.



- AFSP Risk Factor and Warning Signs. Retrieved January 2021. <https://afsp.org/risk-factors-and-warning-signs>
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- Drapeau, C. W., & McIntosh, J. L. (for the American Association of Suicidology). (2020). U.S.A. suicide: 2019 Official final data. Washington, DC: American Association of Suicidology, dated December 23, 2020.
- Shepard DS, Gurewich D, Lwin AK, Reed GA Jr, Silverman MM. Suicide and Suicidal Attempts in the United States: Costs and Policy Implications. *Suicide Life Threat Behav.* 2016 Jun;46(3):352-62. doi: 10.1111/sltb.12225. Epub 2015 Oct 29. PMID: 26511788; PMCID: PMC5061092.
- Youth Risk Behavioral Survey, 2017



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